

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Venture Vermont

It's not too late to earn free state park entry for the remainder of 2015 and all of 2016. Get outside and complete fun activities to earn points for this Statewide scavenger hunt.

Check out the program and download your score sheets online at www.vtstateparks.com or call 524-7970 and we will send you score sheets.

Prenatal breastfeeding group

Preparing for birth and the first 10 days

Friday, September 25
Noon–1:30 p.m.
WIC Office, 3rd floor

Thursday, October 15
6:00–7:30 p.m.
Family Birth Center, NMC

Friday, November 6
Noon–1:30 p.m.
WIC Office, 3rd floor

For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too!

Understanding your newborn baby's behavior

Friday, September 25
2:00–2:30 p.m.
WIC Office, 3rd floor

Tuesday, October 20
6:00–6:30 p.m.
Family Birth Center, NMC

Friday, November 6
2:00–2:30 p.m.
WIC Office, 3rd floor

For all prenatal moms. Join other pregnant women like you to learn about newborn behavior, so you can know what to expect after your baby is born. We'll talk about hunger cues, infant sleep patterns, and reasons for crying, and we'll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn.

Looking for playgroups in your community?

For the calendar of events, visit www.BuildingBrightFutures.org or call the WIC office at 524-7970 for a listing of events in your area.

All activities are FREE
of charge!

Understanding your baby's cues

Friday, September 25
3:00–3:30 p.m.
WIC Office, 3rd floor

Tuesday, October 20
7:00–7:30 p.m.
Family Birth Center, NMC

Friday, November 6
3:00–3:30 p.m.
WIC Office, 3rd floor

For all parents of babies birth to six weeks old. Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

Make your own baby food

Wednesday October 21
11:00 a.m.–Noon
WIC Office 3rd floor, St. Albans

Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures.

Join us for this food demonstration and taste testing. Participants will take home a free recipe book.

FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

Wavy Wands

Equipment: CD of active children's music and CD player. One wavy wand for each child and adult.

To make a wavy wand: securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

Procedure: Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

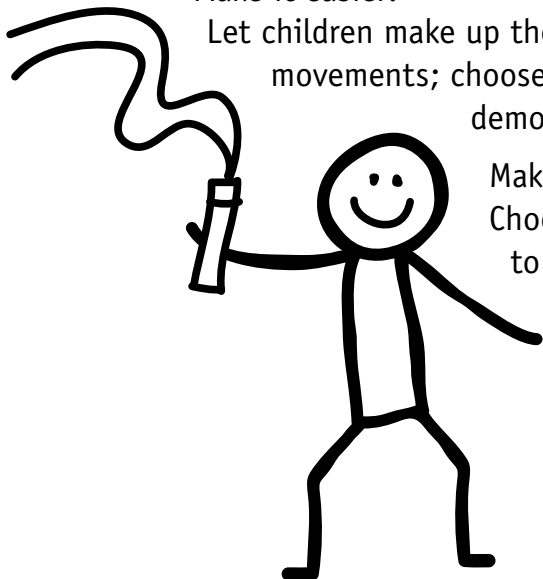
Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

